

Full Report (All Nutrients) 80200, Frog legs, raw

Report Date: June 26, 2017 18:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 leg 45g
Proximates					
Water	g	81.90	--	--	36.86
Energy	kcal	73	--	--	33
Energy	kJ	305	--	--	137
Protein	g	16.40	--	--	7.38
Total lipid (fat)	g	0.30	--	--	0.14
Ash	g	1.40	--	--	0.63
Carbohydrate, by difference	g	0.00	--	--	0.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	18	--	--	8
Iron, Fe	mg	1.50	--	--	0.68
Magnesium, Mg	mg	20	--	--	9
Phosphorus, P	mg	147	--	--	66
Potassium, K	mg	285	--	--	128
Sodium, Na	mg	58	--	--	26
Zinc, Zn	mg	1.00	--	--	0.45
Copper, Cu	mg	0.250	--	--	0.113
Selenium, Se	µg	14.1	--	--	6.3
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.140	--	--	0.063
Riboflavin	mg	0.250	--	--	0.113

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 leg 45g
Niacin	mg	1.200	--	--	0.540
Vitamin B-6	mg	0.120	--	--	0.054
Folate, total	µg	15	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	15	--	--	7
Folate, DFE	µg	15	--	--	7
Choline, total	mg	65.0	--	--	29.2
Vitamin B-12	µg	0.40	--	--	0.18
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	15	--	--	7
Retinol	µg	15	--	--	7
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	50	--	--	22
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	0.45
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.2	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	0.1
Vitamin D	IU	8	--	--	4
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.076	--	--	0.034
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.000
16:0	g	0.054	--	--	0.024
18:0	g	0.021	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 leg 45g
Fatty acids, total monounsaturated	g	0.053	--	--	0.024
16:1 undifferentiated	g	0.009	--	--	0.004
18:1 undifferentiated	g	0.044	--	--	0.020
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.102	--	--	0.046
18:2 undifferentiated	g	0.020	--	--	0.009
18:3 undifferentiated	g	0.010	--	--	0.005
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.031	--	--	0.014
20:5 n-3 (EPA)	g	0.014	--	--	0.006
22:5 n-3 (DPA)	g	0.007	--	--	0.003
22:6 n-3 (DHA)	g	0.020	--	--	0.009
Cholesterol	mg	50	--	--	22
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0